Dear [Recipient's Name],

I hope this message finds you well. It was a pleasure meeting you at [Event Name] on [Date]. I truly enjoyed our conversation about [specific topic discussed].

As we discussed, I am currently seeking opportunities in [specific field or position], and I would greatly appreciate it if you could refer me to any contacts or resources you may have in this area.

Thank you for considering my request. I look forward to staying in touch and hope to hear from you soon.

Best regards, [Your Name] [Your Phone Number] [Your Email]